



# The Home Department

Conducted by Helen Watts Meyer

## HOME

It is good to have a corner just to call one's own,  
Though it be a nest in branches by the west wind blown;  
Though it be a crooked window under mossy eaves,  
Known to darting swallows and to autumn's drifting leaves.

Though it only be a little room of four bare walls,  
Caught in 'mid smoky chimneys and the city's noisy calls;  
The heart may rest awhile and the soul may be alone  
If yet one has a corner just to call one's own.

The busy world is beckoning, and lures us away,  
And life seems all tomorrow, though 'tis leaving us today;  
But there's nothing half so rare in the golden days to come  
As a little roof, a low roof, that we call Home.

There is nothing half so precious in the wide world and free  
As the dear hearts, the near hearts, close to you and me—  
Oh, when the dream is broken, and a-wandering we roam,  
We'll find no other shelter like the one called Home.

Fame may be awaiting us, and glory on the way,  
But the humble things, the sweet things, are ours every day;  
And for loss or gain there is nothing can atone

Like a heart and a corner just to call one's own!  
—Magazine of Mysteries.

## Care of the Feet

A fashion exchange tells us "The new shoes show a return to the pointed toe. They are wide across the ball of the foot, with a pointed toe and with wide, low vamp. A few of the new shoes show the tooth-pick toe. But there is about the pointed toe—that it is not necessarily injurious; the shoe can be so big and so long that the tooth-pick toe does not cramp and mis-shape the foot."

Well, one would suppose that it can be so "big and long that it does not cramp," but the question is, will it—the big, long shoe—be chosen by our women who are vain of their small, shapely feet? Mis-shapen and diseased feet, are the direct result of wearing ill-fitting shoes, and we are assured by those who have made a study of such things that bunions are the result of wearing shoes with high heels and those the inside line of which, instead of being straight, curves outward, forcing the toes of the foot out of place. The big toe joint thus takes the pressure of the boot and becomes inflamed, enlarged and very painful. Before one is aware of the consequences of such a condition of things, the injury is well started, the foot is neglected, the wearing of the ill-fitting shoes continued—in many cases because no other kind can be gotten, and the consequences are that walking is thenceforth, a life long torture. I have never heard of any one succeeding in reducing the enlargement, once it has become established. It is advised that a pledget of cotton worn between the tips of the big toe and the one next to, it in order to turn the toe toward the middle line again, but as the toe of the shoe is so restricted as to space, I can not

see how this could be anything but an added torture in further binding the toes. An instrument, it is said, has been devised for the purpose of returning the big toe to its place, and may be worn at night, but I do not see what good it would do if one must undo during the day's wear any result that might be obtained over night.

For many years, a properly fitted shoe has been almost impossible to find, and many who can afford the expense have their shoes made over a last something like the foot; but this is more expensive than the average person feels able to incur, and the work of destruction goes on. In many instances, the trouble has been started in childhood, gradually increasing as the growth of the foot calls for larger (and more mis-shapen) sizes, and, as the youth approaches manhood, and the child's sizes give way to the "miss's", the longing for small feet, aided and abetted by the inherent vanity of the age of adolescence, induces the added torture of crowding the feet into the smallest shoes possible, and the deformed joint becomes an ugly and painful fixture.

A great deal of attention is given to keeping the hands shapely and soft, but it would be far better if, while the children are growing, the parents or guardians would insist upon proper dressing of the feet, and, when men and women demand properly-shaped foot-gear, it will be forthcoming. Corns, hard or soft, may be cured, but enlarged, mis-shaped joints and such deformities, are with us to stay.

## Care of the Teeth

Children should be taught to use a tooth brush and some good dentrifice after every meal and especially before going to bed at night. There are few things more offensive to the sight, than a foul, neglected mouth, and few things easier to avoid, if proper care is given the teeth. One of the cheapest and most effective dentrifices is common table salt, dissolved in a little water, and if used with a good brush regularly, very little else will be needed. There are many tooth soaps on the market, at reasonable prices, and many of them are very good, but often they are harmful, and it is as well to make one's own dentrifice. If the gums are tender and inclined to bleed easily, select a brush adapted to their tender condition, and do not give them excessive friction. Your dentist will tell you of a preparation for hardening the gums without harming them. A great many persons can not use a hard brush. A very good tooth soap is made of prepared chalk six parts and good, pure soap, one part rubbed together thoroughly. Charcoal, powdered pumice stone, cuttle-fish, and similar substances are not readily soluble in the mouth, and often do more harm than good. The teeth should be brushed downward from both sides of the upper teeth and upward from both sides on the lower teeth, and the mouth well rinsed with a simple solution of water and powdered borax, or water and table salt. A bit of thread, or dental floss, should be run between the teeth in order to remove any deposit which has escaped the brush.

If children were taught these little niceties of the toilet from their earliest years, the habit would become fixed, and they would not think they could neglect this important duty of cleanliness of the mouth.

## For Making Ices

For a gallon freezer, not less than ten pounds of ice and from two to three quarts of coarse salt are needed. The ice should be rather coarsely broken for the freezing, but shaven quite fine for packing. Put salt on the bottom of the tub, packing it with ice in alternate layers till so full that more would make grinding hard. Turn slowly and steadily, as a jerky, fast, or interrupted movement will never make smooth, fine cream. After a few minutes, open the can and scrape the cream as rapidly as possible from the sides down into the middle, and grind again. When the water begins to splash, drain off and fill up the tub with ice and salt, packing as closely as possible. Open as cream hardens and beat in the vanilla or other flavor, and grind till it is very hard to move. Then take out the beater, and beat or stir steadily with a long, heavy paddle or spoon, scraping down any cream that may seem to freeze to the side of the can. The beating should be done quickly, but the cream should be very smooth when it is over. Drain off the water, pack with the finer ice and salt, covering the can closely after the opening in the top has been closed, by wrapping in sacking or clean old carpet, and in half an hour the cream can be used. If allowed to stand longer, it will improve it. Ice creams, frozen creams and fruits are used in winter as well as in the summer.

## Easy Washing

A reader sends us the following method of doing the washing: At night put all the white clothes to soak in clear, soft water. The next morning, rub them lightly through the water in which they have been soaked, with the addition of a half a bar of soap, which has been sliced into water and heated until dissolved, to each tub of water. Put on the boiler two-thirds full of water and prepare as for boiling, the usual way, with soap or washing powder. Take about a quart of the soapy water and put it where it will boil up and as soon as it boils, add to it two tablespoonfuls of coal oil, and stir it thoroughly, pouring the mixture into the boiler of water and stirring it well. Into this, put the cleanest clothes, let boil ten to fifteen minutes, take out and put in another lot of clothes, let boil as before. If more water is needed, fill with soft water and a little more soap. The clothes will need but little rubbing, and will rinse out clean and white, and may be blued and hung in the sunshine; re-heat the boiled water and, if more soap is needed, adding it to the water, in which the colored clothes will wash out, nice and clean with but little rubbing.

## For Chicken Cholera

A reader sends us a recipe for the cure of chicken cholera, which may be of use to some of our poultry raisers. One of my neighbors has tried it with success: "When a chicken is too sick to eat, we give it what we take ourselves for bowel trouble—equal parts of tincture of rhubarb, camphor and opium, with a dash of peppermint added. Dose for an adult person, 25 drops in water. For a chicken about five drops in water several times daily. As a preventive and cure, soak shelled corn over night in water to which air-slacked lime has been added; to a bucket two-thirds full of corn add a large handful of air-slacked lime and fill the bucket

with water. If this is fed occasionally cholera will not appear; if cholera gets among the flock, feed two or three times a week all they will eat of the soaked corn, and you will have no sick chickens."—M. G. R.

In using recipes which have been contributed, remember that we shall like to hear what success attends the trial.

## A Crying Baby

Emelyn Coolidge, in Ladies' Home Journal says: "The new-born baby comes into the world with but one desire and sense really fully developed, and that is, to eat when it is hungry. He does not know what being held or rocked or walked with means, and he does not crave any of these forms of entertainment; it is an adult, either his mother or someone else, who teaches him about all of these different things; he then finds them rather pleasant, and insists upon having some form of attention all the time; he is passed about from one relative to another until they all become worn out, and then, when he grows a little older, he is punished for being so naughty. When a baby is crying simply to be taken up, rocked or entertained in some way, he will at once stop crying when he gets what he wants, thus showing that he is not in pain or hungry, but only wants to be indulged. Every baby should be allowed to cry some; if he does not do this, his lungs will not develop, and he will not be a strong baby, even if he lives to grow up. When a baby is born, the first thing the doctor does is to see that he can cry well, and if he does not, the doctor has to make him cry; therefore a mother should be worried if her baby does not cry some during the twenty-four hours. If the band is put in properly there is very little danger of rupture from crying.

"A young baby should be washed, dressed, fed regularly, and then let alone. He should be taken outdoors in suitable weather and spend the rest of his time in his crib, or, better, still, in a large clothes basket. There are regular baskets made for carrying babies about from room to room, so that he may be near the mother while she is occupied about the house, but an ordinary clothes-basket having a pillow or folded blanket in the bottom and covered with a sheet, and having a small hair pillow at one end, is just as good, and will make a pleasant change from a crib. The basket should be placed out of all draughts: put it on a small table, or on two chairs, and when it is necessary to feed or change the baby the mother should turn him first on one side and then on the other, so that he shall not always lie in the same position and cause his head to develop unequally. A baby trained from the first this way will not be fretful or nervous, nor will it be necessary to hush every household sound because the baby is asleep; he will become accustomed to these noises, and not mind them in the least. As he grows older, he will take comfort getting acquainted with his wonderful toes and fingers, and develop naturally and healthfully in all directions."

## Knitting Needles

Knitting is one of the earliest forms of needle work, and its possibilities in the hands of a skillful worker can not be overestimated. In our grandmother's days, knitting served mainly for the manufacture of foot and hand wear, but now-a-days, there is scarcely an article of wearing apparel that may not be made on the needles in skilled hands, while the unskilled, but willing, hands can do many things. Every paper or magazine running a "Woman's" or a fancy-

AN OLD AND WELL TRIED REMEDY  
MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.